

# VIEW

Morale, Welfare, and Recreation Department - NAS Lemoore



## Honors Military and Veterans

Knott's Berry Farm's annual celebration to honor Military Veterans is now underway! Military members, spouse/guest and two children 3 - 11 yrs receive free admission into Knott's Berry Farm.

"

### Knotts Military Days Special

#### Clubs & Entertainment...2

Find out what's going on!

#### Sports & Fitness.....3

.Get fit and have fun!

#### Tickets & Tours.....4

Have fun this weekend!

#### Aquatics & Bowling.....5

Red Pin Bowling returns!

#### Outdoor Advniture.....6

Whale's are people too!

#### Youth Services.....7

Events, Events, Events!

#### Auto Hobby Center.....8

All the tools makes the job easier!

Don't want to drive all the way to Knotts?

our Family Pack for two adults and two kids for only \$27.00! It's a great deal on family fun! See our ad on page 4 of the View.

Sign up in advance through ITT!

Tickets and Tours is offering a great price on transportation on Saturday, November 10, 2001. Our tour bus leaves the base at 6:00am sharp from the Connections parking lot and will Return by midnight. The Trip cost is only \$10.00 for adults and \$5.00 for Child (3-11) Have a big family? Try



This Years Annual  
Home for the  
Holidays Promo-  
tion  
Starts November  
1st!  
See page 6



Every Thursday Night at  
9:00pm  
in the Alien One  
Lounge - Area 51  
Nightclub.

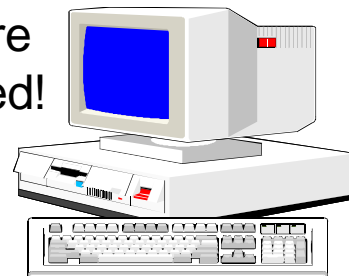


## Do the "Java thing" at Connections Coffee Shop

Have you stopped by the MWR Coffee Shop lately? The popularity is there for good reason - Great Coffee! The facility, located inside Connections features delicious coffee, Espresso, Cappuccino, Latte, Raw Beans, Cookies, Sandwiches and more. We're also wired to the World Wide Web so patrons can "Surf the Net" for free while enjoying their favorite beverage.

We can even show you how to get your own free E-Mail address! Our hours are Monday - Friday 6:00am to 8:00pm, Saturdays 9:00am to 8:00pm, and Sundays 8:30am to 2:30pm.

We're  
Wired!





## Social Hour at the Officers' Club

Stand Down for "Hump Day" every Wednesday Night at the Officers' Lounge. It's definitely become the place to meet friends for mid week activities in the WOXOF Lounge. Enjoy delicious hot snacks and nightly drink specials at the bar. Starting time is 4:00pm till 6:00pm. And Remember! We want all our customers back next week, so be safe - The Designated Driver Program is in effect. Be the evenings designated driver for your party and get free soft drinks until 6:00pm!



Did you know that Area 51 has a cafe? It does! The Cafe' is open Monday through Friday from 11:00am to 1:30pm with a menu of great items and even better prices!

## November Special

**Turkey Melt  
with Fries and  
Medium Soda \$ 3.25**



Enjoy a heaping pile of thinly-sliced turkey topped with melted swiss and then grilled on fresh sourdough bread. Served with your choice of our great regular or spicy curly fries.

**All Month - Gobble Gobble.**

## Area 51 NFL Sunday Ticket

Which NFL games are you going to watch this Sunday? You make the call — with MWR's NFL Sunday Ticket. Follow your favorite team and catch the most exciting match-ups all season long. Whatever you choose and wherever whatever team you follow, we've got your game! (Subject to local blackout rules.)

NFL Sunday Ticket brings you on the field, inside the huddle, and behind the scenes. Don't miss a snap, a sack or a single score — because MWR's NFL Sunday Ticket puts you on the sidelines every Sunday afternoon at the Area 51 Cafe' starting at 11:00am - What a way to spend your Sundays and best of all it's free!

## Monday Night Football

Are you ready for some Football?

Every Monday night meet your friends and have a ball at Area 51 Monday Night Football! Big Screen TVs, Snacks and \$1.25 drafts during half-time. We Open at 4:00pm - Kickoff at 6:00pm.

**Ph. 998-8954**



## New Program at Area 51! Free

Check out your favorite flick at the Area 51 Alien One Lounge starting at 4:00pm & playing back to back on the dates noted.

### Schedule

- Nov 2 - Cats and Dogs
- Kiss of the Dragon
- Nov 3 - Viewer's Choice Movies
- Nov 6 - Shrek
- Swordfish
- Nov 7 - Evolution
- Moulin Rouge
- Nov 9 - A Knight's Tale
- Angel Eyes
- Nov 10 - Viewer's Choice Movies
- Nov 13 - Briget Jones Diary
- One Night at McCool's
- Nov 14 - The Animal
- Skeletons in the Closet
- Nov 16 - Kingdom Come
- Blow
- Nov 17 - Viewer's Choice Movies
- Nov 20 - Exit Wounds
- Along Came a Spider
- Nov 21 - The Family Man
- Enemy at the Gates
- Nov 23 - Monkeybone
- 15 Minutes
- Nov 24 - Viewer's Choice Movies
- Nov 27 - See Spot Run
- The Mexican
- Nov 28 - Legally Blonde
- The Mummy Returns
- Nov 30 - Final Fantasy: Spirits Within
- Doctor Dolittle 2

**Movies Start at  
4:00pm Sharp!**



Every Friday night get in the mix at the Area 51 Nightclub. Starting at 9:00pm only the best in dance & hip hop favorites playing through our 15,000 watt system. Multi level dance floor, The best light show in the valley, DJ Sixxx & A-Dub keeps the crowd moving all evening at Area 51!

## Sports and Fitness



### Olivia's Fitness Tip of the Month

#### STAYING FIT

##### The Cardio/ Weight Debate

Ever wonder which should come first during a workout? Cardio or weight, weight or cardio. Like most of us, I am sure you have received different answers every time.

According to a study from Research Quarterly for Exercise and Sport, the answer is simple. It makes no difference whatsoever. Upon conduct-

ing this study, they found that with one group doing resistance (weight) training then endurance (cardio) and the other group vice versa neither groups' weight changed significantly. However both groups' decreased their percentage of body fat.

On a more personal note I have trained for a few years now and find that my body and muscles respond better once they are properly warmed up for at least 10 to 15 minutes. It's up to you and your likes and dislikes.

Have fitness related questions? Just give me a call at 998-2077

Olivia Robles  
MWR Fitness Lead



### Coffee Cart

## Captain's Cup Sports Program

Represent your command in one of 16 Captain's Cup events offered through the MWR Athletics' Program aboard NAS Lemoore. In addition we sponsor 7 recreational events and 7 Varsity level events for your sporting enjoyment.

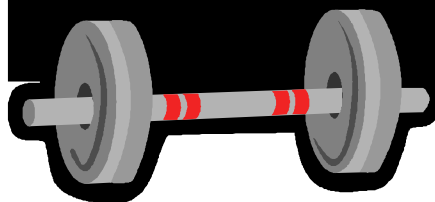
There are no fees for Commands that participate in Captains' Cup events. MWR's Captain's Cup sports programs run year round, so no matter what your command's schedule you have a great chance to participate and compete!

A current list of all Captains' Cup events can be picked up at the gymnasium on main side from the Sports Coordinator's Office. Captains' Cup meetings are held at the Area 51-conference room on scheduled dates.

Our main goal and the mission of the Captain's Cup Sport's program is to provide unity and team competition.

For more information please call 998-4883

## New Fitness Center is Open!



The MWR's new facility is now open! The Operation's Fitness Center is a 11000-sq. ft. supporting our Operations side personnel with all new state of the art equipment. The facility currently boasts 13 new pieces of cardiovascular equipment and 15 new Lifefitness strength equipment. Added to all that great equipment is the industry's newest ISO-Lateral Hammer Strength equipment with urethane weight plates!

Free weights have always been a popular offering at the Main Gym so we've added them in the Ops facility, as well! Weights ranging from 5 lbs. to 110 lbs. are provided. Along with those accommodations, the new facility has showers for men and women plus lockers to keep your belongings safe. Our lockers are set up for both day use and monthly rentals for your convenience.

The new fitness center's hours of 0600-1830 Monday – Friday and closed on weekends / holidays.

Our trained staff is there to help you adjust the machines or just give you some pointers to aid in your fitness lifestyle desires. Just let us know if we can help you in any way.

More exciting fitness news is the Main side (Administration) facility has a tentative completion date of March 2002. The new Gymnasium will be one of the Navy's finest with over 60,000-sq feet of the most up to date fitness equipment and services available. The new Admin Gym will have saunas, steam rooms and 2 NBA size basketball courts. An indoor running track around the gym plus lots of room for multi purpose activities. We will contract a full size juice bar, personal training, message therapist and martial arts. If that isn't enough the Wellness Center is offering nutritional counseling and classes in our training room to help those with little time to spare. We want this facility to be everything you could ask for in Fitness.

**Look for more upcoming events and programs coming to the gym in the next few months.**

**For More Information  
Call 998-4883**





## Tickets & Tours



### Knott's Berry Farm Honors the Military.....

Join Tickets and Tours at Knott's Berry Farm's annual celebration to honor Military Veterans. Military member, spouse/guest and two children 3 – 11 yrs receive free admission into Knott's Berry Farm. Military member must show I.D. or "Honorable" discharge papers (DD214). If the military member is unavailable for whatever reason, the spouse w/I.D. and two children will be allowed in for free. Sorry, the spouse is not allowed a guest. Additional guests and children 3 – 11 years must purchase tickets through MWR's Tickets & Tours Office. This great deal will not be offered at the gate!

Don't want to drive?  
Don't!

Sign up in advance and leave it to us on the MWR Tour Bus!

We're Departing NASL at 6:00am sharp on November 10 (Saturday) & returning at midnight. Transportation is only \$10.00 Adult and \$5.00 Child (3-11). You say you have a big family? Get the Family Pak (2Ad/2Ch) for only \$27.00! Wow! what a deal.

More Upcoming Tours.....

### L.A. Garment District

Shop in LA's hottest shopping area! The LA Garment District is known all over the country for insane deals on just about everything.

The trip Departs at 6:00am on November 17 (Saturday) and Returns by midnight.

### Christmas Shopping at Fresno Fashion Fair / River Park Malls - November 23 (Friday)

You do the shopping. Let us do the driving. You could even catch a matinee. Don't forget! Tickets and Tours will be selling movie tickets to Edwards Cinema at River Park Mall. Departing NASL at 8:00am and Returning at 8:00pm.

Trip cost: Adult \$4.00 Child (3-15) \$2.00

### Solvang Winterfest

November 24 (Saturday)

Danish village celebration features thousands of twinkling lights, parade, caroling, pageant and tree lighting. Visit the Hans Christian Andersen Museum or if you like Antiques the casual browser as well as the serious collector will be impressed by the quality and variety of items on display at Solvang's antique shops. The Solvang Antique Center is considered one of the finest multiple-dealer galleries in California.

Departing NASL at 10:00am and returning by midnight. The cost is only \$12.00 Adult & \$7.00 for chil-

dren ages 3 to 15.

### Morro Bay Lighted Boat Parade

December 1 (Saturday)

Lighted boats of all sizes cruise the harbor beginning at sunset in this yearly extravaganza. While waiting for the light parade, explore the shops, eat some of the most fantastic clam chowder you ever tasted, and just enjoy the sights of this quaint West coast town.

Departs NASL at 10:00am and Returns at midnight. Trip Cost: Adult \$11.00 and Children 3 to 15 is only \$6.00

### Fresno Christmas Tree Lane

December 8 (Saturday)

This is a popular yearly event sponsored by the Christmas Tree Lane Committee of Fig Garden Village in Fresno California. Several miles of community homes are decorated to the max.

Depart 4:00pm and Returns by 10:00pm. Trip cost: Adult \$4.00 Child (3-15) \$2.00

### 76th Annual Trek to the Tree

Nation's Christmas Tree - December 9 (Sunday)

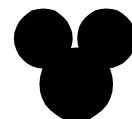
Join in the 76th annual ceremony at General Grant Tree in Kings Canyon National Park. General Grant Tree is a giant sequoia and is the second largest tree in existence. It was formally dedicated as the Nation's Christmas Tree in 1926. It is difficult to comprehend the immense size, age and stature of the General Grant Tree, but it is easy to let your mind and spirit rise as its trunk carries your gaze toward the skies. This ceremony is sure to enrich your holiday spirit. Depart 1000. Return by 1900. Trip cost: Adult \$10.00 & Child (3-15) \$5.00

### Fresno Christmas Tree Lane December 13 (Thursday)

Here's another chance to see the Valley's best Christmas Light Shows!

Depart 1600 Return 2200 Trip cost: Adult \$4.00 & Child (3-15) \$2.00

### Disneyland / Disney California Adventure

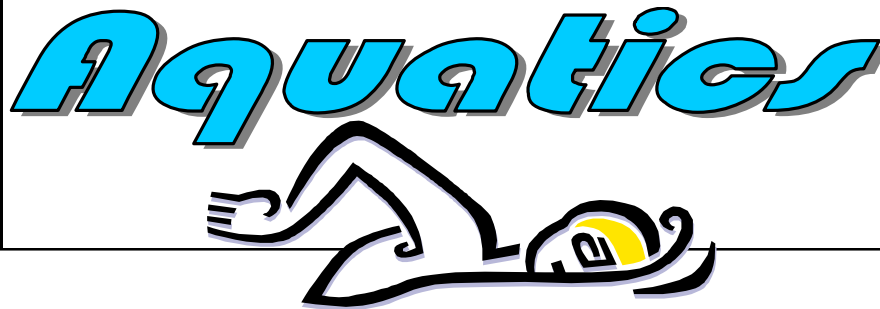


December 15 (Saturday)

Visit the famous theme parks all decked out for the holidays. This is Ticket and Tours last scheduled trip of 2001. Depart 6:00am & return by midnight. Trip cost includes ticket to Parks: Adults \$43.50 - Child (3-15) \$37.50 Family Pak \$159.80.

Pick up points.....

For those patrons who do not desire



#### Private Swim Lessons

Open to Active Duty & Civilians of all ages. By appointment, we work around your schedule!! Cold weather shouldn't stop you from learning to swim or start improving your stroke. Especially if you made a lot of progress over the summer, don't stop now. Our lap pool is heated throughout the winter!

#### American Red Cross Lifeguard Classes

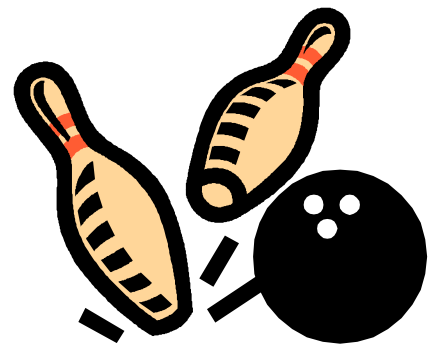
Open to Active Duty & Civilians 15 years and older. We need a six person minimum to run a class. We can put together day classes, evenings, or even weekends. This class is great for those interested in working part-time and would like to start putting certifications on their resume. Even if you don't plan on using the certification until summer, beat the spring break rush and get certified now.

#### Kings Swim Club

Open to Active Duty & Civilians of ALL ages. Kings Swim Club will be using our facility November through February. The **Kings Swim Club** is a club for competitive swimmers. But, even if you didn't want to compete, you could definitely benefit by polishing up your stroke or starting more advanced work out routines.

All pools are available for private parties during the swim season. Call 998-4883 for reservations. Lap Swimming is available year round and is free of charge at our HEATED pool located behind the gymnasium.

**Contact the Gym main desk at 998-4883 for  
hours or more information.**



## Tailhook Lanes Bowling Center

Bring the family bowling!!! Bowling is a great family bonding sport that everyone can enjoy and participate in! We have a special deal for you and your family every Sunday starting at 2:00pm.

**All bowling just .75 a game!!**

#### Red Head Pin Bowling

Mon.– Fri. 11 am to 2 pm.

Pay a dollar per game, get a strike with a RED HEAD pin and win a free game. Pay a visit to our snack bar for lunch and bowl while you eat.

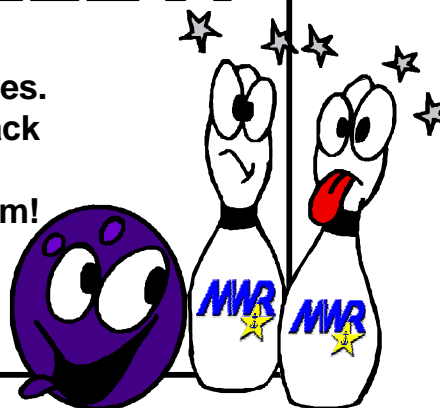
Full service bar now available Fri. and Sat. nights 6pm to 11pm.

Intramural bowling is starting for the Captain's Cup, get your team in now!

**For program information call the  
Bowling Center at  
998-4647**

## THUNDER ALLEY!

**Every Saturday Night at Tailhook Lanes.  
Glow in the Dark Bowling, Music, Black  
Lights, Fun for all ages!  
The fun starts at 6:00pm until 11:00pm!  
Call 998-4647 for information.**



Got Adventure?

## Have an Extreme Weekend

Or just enjoy nature at it's best!



Get ready for the cold stuff!

We have new snowboards for this season. Nature supplies the snow & we can do the rest at OAC

## Home For The Holidays

**Win a \$400 Air Travel Voucher good within the continental U.S. with MWR!**

**How do I enter?** Visit any MWR facility from November 1 - 16, 2001 and fill out one of our entry coupons. Entry is limited to one per site per visit, but the more sites you visit the more chances you get!

**How do I win?** A travel voucher for \$400.00 will be awarded. Enter at any MWR facility for an airline voucher good anywhere in the contiguous United States. Contiguous United States means those states the touch. This promotion does not include the states of Alaska and Hawaii.

**When is the drawing?** The drawing will be held **November 19, 2001** at the MWR Administration Office. The winner will be notified by telephone on November 19.

**Need more information?** Give us a call at the MWR Marketing Office - 997-8904.

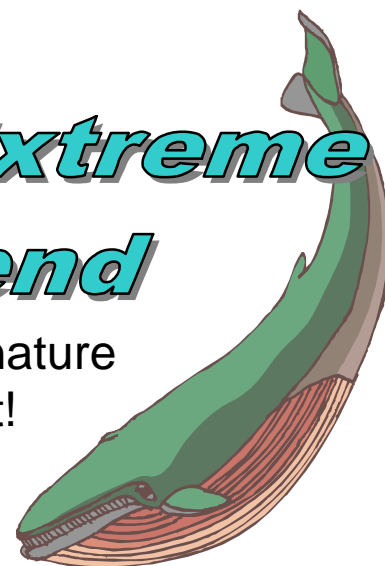
Holiday cheer brought to you by the MWR Department - NAS Lemoore, and Commander, Naval Region Southwest.

**Get in touch with nature and explore the great outdoors with the MWR Outdoor Adventure Center!**

OAC has what you need for your weekend get away. Have a luxurious weekend in one of our new A-frame trailers. Fully equipped with comfortable sleeping and lounging space, ice box, two burner stove, sink, water hook up and electricity all wrapped up in one. You can rent this great package for one low price of \$60 plus \$20 deposit which you get back upon return. The best part is..... you can keep it for four days !! That's right, four days !! Call the OAC staff at 997-8983 and ask how you can reserve one today.



Ride the waves !! Come to the Outdoor Adventure Center and check out our brand new, three seater wave runners. Available to you for only \$75 a day or \$150 a weekend, plus a deposit which is given back to you upon return. Do you have a boater safety course certificate ? If not , OAC also offers this to you. We will soon have an online computer available to our customers so you can take your boater safety test right here at OAC. You could be one of the first to try them out. Come to OAC for more details or call us at 997-8982 .



**View one of the largest mammals on earth.**

Experience an adventure of a lifetime with the staff at OAC on a great whale watching trip scheduled for Nov. 17<sup>th</sup>. The cost is only \$20 per adult or child and includes a fully narrated , two hour cruise in beautiful Monterey that will not only enlighten you but will allow you to view one of the worlds most unique sights.

Call OAC today and sign up for our whale watching trip . Bus leaves OAC parking lot at 6:00 am. and will return 8:00 pm. **Deadline for sign up is Nov 15th.**

~ 997-8983 ~

Are you new to the area , or just need a short vacation from the everyday life ? We have just what you need at the MWR OAC from water skiing to skiing the high Sierras, we have it all! OAC also provides R.V. storage for those going on cruise, or if you just need someplace to store a boat, car, or trailer. Want to make plans ahead of time? No problem. Active duty members can reserve fourteen days in advance and DOD civilians along with retired military can reserve seven days in advance. Mt. biking, snowboarding , backpacking, camping, hiking or just going for a simple stroll in the woods , we can outfit you.

**For more "Adventure" give us a call at 997-8982**





# Youth Services

**MWR's Youth Services / Sports/  
Kid Zone/ Teen Center  
November events**

The **Kid Zone** is offering **Tiny Tot** classes every Monday and Wednesday for 4 & 5 year olds (not yet attending kindergarten). They also offer these class for 3 year olds on Tuesdays & Thursdays. Registration is ongoing, classes cost \$35 per month. Children will enjoy 1½ hours of class filled with fun & exciting recreational activities (e.g. creative movement, music, and puppet theater to arts & crafts, and cooking). This is a sure way to make learning fun and enjoyable. Parents are welcomed and encouraged to stay and join in all the fun. Call **998-4935** for information.

Have you been to the **Teen Center** lately? The **Teen Center** is offering a wide variety of new activities and events such as dances, tournaments, trips, etc. Attention all you basket-ballers. The basketball court opens at 6 pm daily (except during special events, e.g. dances, trips, etc.). The Nike Swoosh club meets twice a month, so if your interested playing for the Teen Center basketball team you must attend these meeting every other Wednesday at 5:30pm.

## At a Glance

Nov. 9<sup>th</sup> - **Preteen Social** (3<sup>rd</sup>- 5<sup>th</sup> graders only) cost- \$3

Nov. 10<sup>th</sup> - **Magic Mountain Trip** (6<sup>st</sup> -12<sup>th</sup> grade) cost- \$25

Nov. 24<sup>th</sup> - **Ice-o-plex** – cost/ time - T.B.A.

Nov. 30– **Teen Dance** (6<sup>th</sup>-12<sup>th</sup> grade) - \$3

Nov. 30 - **November Birthdays** (free cake & refreshments) 3:30-4:30pm

Call 998-4943 for information.

**Volunteers** are welcomed at Youth Services. We have a variety of fun activities for you to participate in. Youth Sports is always in need of coaches and referees as well as people to help set up for games every Saturday. Teen Center offers dances and social events and adult volunteers can certainly add to the fun. School age care has homework stations, as well as computer fun for those who are interested in helping at our youth facility. Interested? Stop by and fill out our application. **SUPPORT OUR YOUTH.**

The Youth Alliance will begin to meet in January of 2002. Look for more information coming your way. Parents and adults interested in this advisory group will help maintain quality programs and exciting activities for military and DoD Youth at NAS Lemoore.

**Be a part of it, support the youth and the programs for youth!**

### Classes!

**Applications and Resume for College Classes will be Monday November 5<sup>th</sup> and 19<sup>th</sup> from 5:00-6:00 pm at the Youth Center.**

You will learn how to fill out your applications for the college of choice and college resumes.

### **DECEMBER**

*Community Services Classes* will be Monday December 3<sup>rd</sup>

and 10<sup>th</sup> from 5:00-6:00 pm at the Youth Center.

You will learn how to work with community services programs to add service hours to your high school portfolio and career resume. A service connection will be developed to help youth connect to projects on and off base.

**N  
O  
T  
T  
U  
R  
K  
E  
Y**



**Okay all you jokesters here's some Thanksgiving Riddles.**

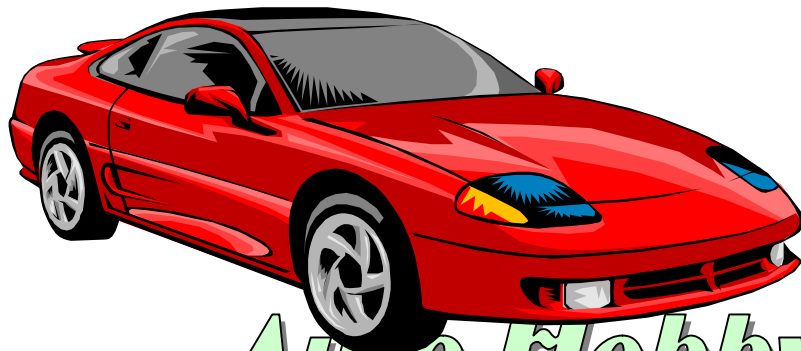
1. If April showers bring Mayflowers, what do May flowers bring? (Pilgrims)
2. How can you send a turkey through the post office? (Bird Class mail)
3. What happened to the turkey that got into a fight? (He got stuffed)
4. Why was the turkey the drummer in the band? (He had the drumsticks)

## Kid's Thanksgiving Activity

Draw the outline of a hand  
Make the thumb the turkeys head and beak, add a waddle.  
Color all the fingers a different color for feathers  
Color the hand brown like the body. Add feet.  
You can make a lot of these and cut them out and staple them together to make a beautiful turkey wreath for your home.



**Youth Services  
998-4935**



*Auto Hobby*

# Center

CAR WASH

You depend on your car everyday so why let it go down hill due to lack of maintenance? The MWR Auto Hobby Center has all the tools, lifts, jacks, and equipment to keep your vehicle running smoothly for years to come. Got questions? We can help you head down the right road!

The Auto Hobby Center is open  
Monday – Friday from 2:00pm to 9:00pm  
Saturdays and Sundays 9:00am to 4:00pm – Closed holidays.

For more information contact us  
at 997-8902



Get some of that valley dirt off your pride and joy at the MWR Auto Hobby Center's Car Wash. Outstanding pressure, the best car care soaps, spot free rinse, and all our water is conditioned for better final product.

QOL Marketing  
Bldg. 952  
Hancock Ave.  
NAS Lemoore, Ca 93246

Resident  
Navy Family Housing  
Naval Air Station  
Lemoore, Ca 93246

PRSRT STD.  
Postage & Fees Paid  
NAS Lemoore, Ca 93246  
Permit No. NAS 40

## Hours & Phones

Have questions and can't find an answer? Call Marketing and we'll help - 997-8904



**Area 51 Nightclub - Bldg 820** 997-8954  
Everyday – 1600– 2300

**Area 51 Café - Bldg 820** 997-8960  
Monday - Friday – 1100 - 1330

**CPO Lounge - Bldg 900** 998-4858  
Mon-Thurs – 1500 - 2200

Fri- 1300 - 0200

Sat – 1200 - 1800

**Officers' Lounge - Bldg 900** 998-4857

Wed- 1500-2400

**MWR Clubs Office** 997-8919

Mon- Fri 0800-1600

CLOSED ALL HOLIDAYS

**Auto Hobby - Bldg 954** 997-8972

Monday thru Friday - 1400 - 2100

Saturday and Sunday – 0900 -1600

**Connections Coffee Shop - Bldg 921**

997-8964

Monday thru Friday 0600 - 2000

Saturday 0900 – 2000

Sunday 0830 – 1430

**Coffee Cart – Ops Side Gym - Bldg. 040**

Monday – Friday 0600 – 1200

**Coffee Cart – Hospital**

Monday – Friday 0630 – 1200

**Hornet Desk Services - Bldg 921** 997-7000

24 hrs. a day, seven days a week, at

the Connections Building

**BQ - RV Park - ITT - Cybercenter- YCOMM**

Mon-Fri – 0800 - 1700

**CCTC** scheduling and info is also available

0730 to 1500 hrs.

**Gymnasium - Bldg 945** 998-4883

Monday thru Friday - 0500 – 2100

Saturday - 0900 - 2100

Sunday & Holidays: 1000 – 1800

**Gymnasium – Ops Side - Bldg 040**

Monday thru Friday: 0900 – 1730

**Outdoor Adventure Center - Bldg 951**

997-8983

Monday thru Friday: 0800 – 1700

Saturday, Sunday & Holidays: CLOSED

**Tailhooks Bowling Center - Bldg 823**

998-4647

Monday – Friday - 1100 – 2300

Saturday – 1200 - 2300

Sunday – 1400 - 2100

**Tailhooks Snack Bar - Bldg 823**

Monday – Friday - 1100 – 2300

Saturday – 1200 - 2300

Sunday – 1400 - 2100

**Theater - Bldg 822 Move Line** 998-4642

Fri. / Sat. / Sun. – Opens at 1800 / Movies 1900

**Youth Services - Bldg 970** 998-4936

**KidZone** School Age Care :

Monday - Friday - 0600-1800

**Teen Center**

Monday -Friday – 1200 -1830